



BEGINNING PILATES REFORMER WORKSHOP

with Instructor Alice Rime

SATURDAY, SEPTEMBER 28TH
12:00PM - 2:00PM

Whether you are new to the Reformer or looking to freshen up your routine, this 2 hour workshop is designed to teach participants how to safely use the Open Pilates Reformer Studio at the Airport Club!

Group Personal Training rates apply.

SIGN UP TODAY! SPACE IS LIMITED.

For more information or to sign up please contact Alice
at alicer@airportclub.com or 707.975.1542